

## **In conclusion**

If you take away nothing from today's talk, it would be: it's the vibe, it's the vibe that you bring. It's the vibe that you bring when nobody else is there with you, the vibe you bring by yourself; and the level to which you can be inspired by the things in your environment - your chosen intake of art and philosophy, and the way that you can take the things in the world around you and be inspired by yourself to turn that into something that is art; and to have a clear vision of how you want other people to feel, and why you're making this art.

And just know that the path to doing that is going to inherently involve *some kind* of path of breath control, of emotional control, be it any kind of spiritual path, or any kind of non-spiritual; whatever. Martial arts doesn't have to be a kind of spiritual path; it certainly can be, and should be, but it can also be just a physical thing that you do. A path that leads you to better physical control, better mental and emotional control; and let that be the defining force that drives you forward towards your pursuit of excellence both in terms of your art, in terms of your humanity, in terms of what you're putting out there for the rest of the world. Are you giving more than you are taking?

And all of that has to do with how you handle the stressful emotional situations that we always find ourselves in. Is it gonna handicap you, or is it going to be fuel on the fire? And it's perfectly okay if it's not always fuel on the fire. Believe me, there are days when I can't do a goddamn thing except sit on the couch and practice escapism through Netflix. There's nothing special about me, there's nothing impervious to pain that -- I have *not* overcome the negative setbacks that get in the way of one's pursuit of excellence.

But we've got to stay on the path as much as we possibly can. And we gotta do anything and everything possible to cultivate more control over our mental and emotional states so that we can stay in the game and do what we can to improve our lives and the lives of the people around us.

So, thank you.